



VEIN CLINIC | COSMETIC MEDICAL CLINIC | DR. NICHOLAS J. MORISON CCFP

PATIENT PRE & POST CARE FORM FOR LASER HAIR REDUCTION

For best results please follow these instructions

BEFORE YOUR TREATMENT:

No direct sun exposure, tanning beds, spray tans, or tanning lotions 4 weeks prior to treatment.

Up to date health history of conditions, medications and allergies. **Some medications are photo-sensitizing and increase risk of side effects.** Please consult with your Pharmacist or Physician if you are unsure. (Ex: antibiotics, anti-histamines, aspirin, NSAIDS).

History of cold sores or herpes may require an anti-viral prescription prior to treatment. (Ex: Valtrax).

No waxing, plucking or tweezing at least 6 weeks prior to treatment.

Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks prior to treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).

Treatment area should be clean shaven and free of product and/or make up (leave a small area unshaven for technician to assess).

AFTER YOUR TREATMENT:

Avoid direct sun exposure and tanning beds and use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30-50 for 4 weeks after treatment.

Sunburn sensation of warmth, stinging, itching that resolves within 24 hours for most.

Perifollicular erythema and edema (looks like a rash/bug bites) are common and resolve within 24-72 hours for most.

Avoid heat related activities such as: hot showers, hot tubs, saunas, and heavy/strenuous exercise for 24-72 hours.

Aloe vera gel, cold compresses, and wrapped ice packs will help with most common side effects.

Use cool water and use gentle cleansers, moisturizers, and SPF only. Mineral make up can be applied 24 hours post treatment. Regular skincare regime can be resumed once side effects have subsided.

Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks after treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).

Hair may take up to 2 weeks to fall out.

Do not wax or pluck between treatments. Shaving, trimming, or depilatory creams are advised.

Hair removal requires a series of treatments. Typically 6-8 treatments will yield a 60-90% reduction for most. Maintenance treatments may be advised.

The number of treatments and intervals depends on body location and type of hair. Facial: 6-8 week treatment intervals, Body: 8-12 week treatment intervals.

WHEN TO NOTIFY THE CLINIC:

Wounds of burning, blistering, or bleeding. Do NOT ice blisters, cold compresses are fine.

Excessive and prolonged redness, swelling, heat that is not improving after 72 hours.

Excessive acne, cold sores, or herpes outbreak.

In case of emergency during after hours, weekends, and holidays please visit your nearest Walk-in clinic, Hospital or contact your Physician.